

^{257}Lr $Z = 103$ $N = 154$ adopted link ENSDF link

Based on ENSDF from Oct 2022, and mass evaluation from 2020

BE = 1901.029 (0.000) MeV

Qbeta+ = 2.471 (0.006) MeV

	Energy T	J+	J-	J-other	T1/2	

S-alpha=	-9.081 (0.000)					
257LR 1				0.000	1 4 S	AP
257LR 2				0.150	2	

S-p = 2.394 (0.008)-----
 S-n = 7.100 (0.083)-----
 S-2p = 6.702 (0.006)-----
 S-2n = 13.372 (0.018)-----
 S-alpha= -9.081 (0.000)-----

S+p = -3.663 (0.016)
 S+n = -6.107 (0.000)
 S+2p = -5.305 (0.057)
 S+2n = -12.981 (0.000)
 S+alpha = 9.148 (0.000)

gap p = -1.269 (0.018)
 gap n = 0.993 (0.083)
 gap 2p = 1.397 (0.057)
 gap 2n = 0.391 (0.018)
 gap alpha = 0.067 (0.000)